

## **LIVING with eczema/psoriasis, without going off your mind:**

because eczema is caused by allergies, it cannot be merely treated with creams. To live a quality life one needs to determine what is the actual cause.

STRESS can definitely be a contributing factor, therefore it is important to simplify your life, by cutting out certain things, and managing your skin disorder.

Here are a few things:

- Immediately stop using fabric softener in all your laundry.
- Stop eating or drinking anything that contains sugar, wheat, dairy and nuts.
- Stop using any soap and shampoo! Start using SLES free soaps (available by me or any of my agents)
- Start to determine what else triggers breakouts. I am highly allergic to dust, and unclean surfaces. I never go into a space which is unhygienic, I start to itch immediately.
- See what type of fabrics make your skin itchy.
- Whenever you itch, DO NOT SCRATCH! Especially when you scratch when your skin is dirty and sweaty... I find when I start to scratch, it just gets worse and worse.
- When you do itch, FIRST go and wash that area on your skin, and wash your hands and finger nails thoroughly, and only then do you apply eg. Bulbinella cream. After you have applied, wait 10 minutes. I have noticed that if I can get myself to not scratch for 10min, the itching goes away. If you start to scratch within that 10 minute time frame, you will find the itchiness just gets worse and worse.

Products I can recommend that really helps: (NB: you still have to do the above)

1. Charcoal soap or Argan soap (wash your body and hair with this soap: 100g R60)

2. Drink DE powder (Diatomaceous Earth): drink 1 teaspoon in mornings and 1 at night. NB: drink 4-6 glasses still water each day. 50g R30
3. Apply Bulbinella cream: 50g R70 / 100g R120 / 500g R330